



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 2 JANUARY 26, 1989

NEXT DEADLINE IS MONDAY, FEBRUARY 6, 1989

COST: PRICELESS

LOCAL CITIZEN HONoured

CBC CAPTURES ONE MAN'S DEDICATION TO SEARCH AND RESCUE

Powell River resident, Ken White, was presented with the Commanding Officers Commendation by Lt Col M.E. Jay in a ceremony held at 442 Transport & Rescue Squadron on 24 January 1989. The award commended Ken for 10 years of dedicated service to West Coast search and rescue.

Mr. White is a civilian radio operator who faithfully monitors S.A.R. frequencies nearly every day. Over the years, he has been instrumental in relaying distress calls to R.C.C. Victoria and thereby has initiated some timely S.A.R. responses.

Ken has been a long time

friend of 442 Squadron, the Canadian Coast Guard and R.C.C. Victoria. His model cooperation with these agencies is appreciated by all involved with search and rescue and has not gone unnoticed elsewhere. Ken's dedication is to be the subject of a C.B.C. program, the Pacific Report. A camera crew was on hand Tuesday to film the award presentation. That footage combined with interviews of SAR personnel and action footage of 442 Squadron will portray Ken White's important role in marine search and rescue. The program will air on C.B.C. TV at 7 pm on 30 January 1989.



A CBC Television crew was on hand to shoot a presentation made to Mr. Ken White, of Powell River, by 442 Squadron CO, Lt Col Ed Jay. The feature will air on Pacific Report this Monday at 7:00 pm.

NEW EDITOR FOR TOTEM TIMES

Capt Kirk Sunter will officially begin as Editor of the Totem Times in February. Kirk is a Search and Rescue Helicopter pilot with 442 (T & R) Squadron. He joined the squadron last year from Edmonton where he flew tactical

helos with 408 Squadron.

Capt Terry Strocel is posted to 426 Squadron in Trenton where he will be an instructor in the Buffalo cell. Terry has been the Editor of the CFB Comox newspaper since last August.

BEATTY BOLSTERS CANADIAN TEAM SEEKING CHEMICAL WEAPONS BAN

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty, announced today the creation of a full-time Defence Science Counsellor for chemical arms control negotiations to be part

of Canada's Permanent Mission to the Conference on Disarmament in Geneva.

"The Department of National Defence is actively committed to the goal of banning chemical weapons," said Mr. Beatty, "and adding a full time defence scientist to the Canadian negotiating team will significantly strengthen that commitment."

Canada's delegation to the Geneva Conference on Disarmament participates fully in chemical arms control

negotiations, with the closest cooperation between the Departments of External Affairs and National Defence, and has been assisted in past years by visiting defence scientists specializing in chemical defence research.

The creation of a full-time position, to be filled in time for the opening of the 1989 session in February, is expected to enhance Canada's contribution to concluding an effectively verifiable, comprehensive ban on chemical weapons.



"GET OUTA TOWN"

One may wonder what Capt Terry Strocel, Editor of the Totem Times and 442 Sqn Buffalo pilot, is doing anywhere near an F-18. Terry is posted to Trenton and is relinquishing command of the Base newspaper to Capt Kirk Sunter, however the above snapshot is by no means any indication of future employment for a well established SAR pilot. For more details see page 4.

"FISHWRAPPER" EXPOSED

EDITORIAL.....	4
LETTERS TO THE EDITOR.....	5
SECTION NEWS.....	6
SPORTS & REC.....	10
ORIGINS OF THE SPECIES.....	12
AIRFORCE TRIVIA.....	14
CLASSIFIEDS.....	16
HEALTH.....	19

OUR NEXT DEADLINE IS
MONDAY, FEBRUARY 6, 1989

SECTION NEWS



Demon Doins



AIRCREW

Well, well, well, it would seem that the squadron has just completed a highly successful READIE exercise in California. Congratulations to all concerned for representing our country in such a splendid manner. (I know that sounds kind of self serving, but it's always a good idea to say "good job" whenever you can for 'esprit de corps' and all that other stuff.) A few stories from READIE are available now in the new few paragraphs.

Surprise! The Crew 3 Sub Busters did not touch a single drop of alcohol during the entire detachment. Furthermore, those fine young lads spent most of their free time in their hotel rooms in deep prayer and thinking of ways to raise money for the homeless...Oh, terribly sorry, I'm reading the script from the next "Twilight Zone" episode.

The Sledgehammers of Crew 4 had an interesting flight when two personnel simultaneously felt the effects of some stomach malady which basically turns the afflicted individual into a vomitous mass. Both recovered quite nicely (I'll withhold their names to avoid causing them embarrassment), but a crew member remarked right after the flight, "Mark looked wisted, and Warren was white, man."

As always, the Crew 6 Terminators conducted themselves with perfection and grace, showed themselves to be towering icons of good taste and a helluva bunch of great guys. Of course, there was that ugly incident in Chinatown when a waitress, feeling the tip to be unworthy of her services, chased several Terminators down the street with a dead chicken. And how about that "Montreal Mike Verville" who showed what driving at high speed with the emergency brake on is all about. Ho! Ho! And what about the time...Oh, well, maybe they're not 'towering' icons.

Crew 7 (what are they called anyway? - Mooseheads, Moosefaces, oh yeah, Moosemen) had a fine and dandy time doing whatever it is Moosemen do. Lt Tom Norris saw it in his heart to conduct a course entitled "How to back your rental car into a telephone pole two minutes after getting behind the wheel," which I understand was a smash up, I mean smashing success.

Crews 5 and 2 stayed home during the exercise and did mostly boring junk.

Nuff said, (Do I really have to say that??)

407 ARMAMENT

Here we are again in the New Year. As always, there is a fair amount of comings and goings

to and from the Armament Section to report on.

Starting off with extending greetings to our newest Armourer, Graham Ingham, fresh from his TQ3 course in Borden. Graham is now residing in Base Armament for some on the job training, but he'll be back with us soon enough. Dave Oakes is back from his XG/9L course in Borden and some Christmas leave in T.O. Mike Turner and Jocelyn Chaput have gone off to Penhold for their Junior Leaders' Course and Jason Froese is in Cold Lake for his CF-18 first line Maintenance Course. Steve Redgwell and Todd Giles are on T.D. in Moffett Field for READIE.

Ray Michell will be moving to the Torpedo Shop sometime next spring, so he is taking the opportunity whenever training and Standards is relatively quiet to get some OJT in the Torp Shop.

Chris Mitchell and Brad Halstead are gearing up to write their TQ5 ATAT exams on the first of February. Good luck guys!

It seems that Jean-Marc Gagnon has been scrimping and saving for a while, he and his family are heading to Rio De Janiero for a little winter get-away. Hope you have a good time down there.

Well, that's all for now from the world of 407 Armament.

407 AMCRO

Here we are folks, it's 1989. How many of you are still sticking to those New Years' resolutions you made while in a drunken stupor on New Years' Eve. I know this reporter

hasn't broken a single one. (They were all made in pairs.)

I guess everyone is asking themselves the same question now-a-days, what's new in 1989. Well here in the AM-CRO section not too much has changed. The same old faces are still manning the phones, I guess the old cliché "out with the old and in with the new" just doesn't cut it around here. There are a few rumours (that time of year again) that a few of our members may be moving though.

As for 1988, we really saw it out with a bang. Champagne, caviar, we had it all. Alright so I exaggerated on the caviar, we had peanuts and pretzels, all compliments of our very own party hostess, Marilyn. All in all, the holiday season was very good to us, SAMO Claus came to our Christmas Party with gifts for everyone. (Some people didn't find a sense of humour in their Christmas stockings though.) Both our Christmas and New Years' party were catered by Joe T's Pickled Herring Factory. Marilyn fought tooth and nail for all the herring she could get. As has been customary in past years, both parties were visited by all and were a "smashing" success.

Enough about the holidays, they're over! Congrats are in order for our new WO, Harvey Welsh who was promoted in Dec and has since accepted the mantle of leadership eagerly and with a renewed enthusiasm. Congrats also to Josee who recently passed her bilingual exam. Not only is Josee completely bilingual but I

have it from a reliable source that she finally passed her phone-in cooking course. Maybe now we can have an opportunity to use the phone.

Just like every good reporter we cover all areas of concern, this week in Sports we were lucky enough to get an exclusive interview with CFB Comox, intersection hockey, player of the week, Lt Vince Chung. Vince (Hot Shot) Chung was unanimously chosen by all his team mates when he scored the losing goal for the CE team in their loss against BTNO last week. Congrats Vince.

Looking ahead in 1989 we have a couple of people heading out on course. Josee is off to Greenwood, Rick may be going to Penhold, Ralf is off to Winnipeg and Anne is going back to Borden. Guess that's it for now. See you next time.

407 SERVICING

On goes the continuing saga of Servicing's 1 Crew. It seems personnel shuffles are inevitable, but Colin Winterburn just barely had time to learn everybody's name before he was moved to 2 Crew to begin the process again. Best of luck Colin.

Just posted in from Baden in August, Rob Egan found himself packing for Penhold and the "easy" Junior Leader's Course. Fortunately the course ended just over a week before Christmas and he made it home in time for the crew Christmas party. He wisely left his suitcase packed because he's off to Greenwood on his AET first line course early in the new year. It seems that after his hectic Penhold schedule Rob

found the party a tad sedate. As he left he was overheard mumbling something about dancing. At Jigger's? The party was a great success and we owe Cecile Blanchette and her organizing committee many thanks for the fine job they did. As always, the highlight of the night was the arrival of Santa (little Cal) Claus. Because of the '87 stock market crash Santa was travelling without an elf to help him with the presents so John Chequis was pressed into service. Thankfully Santa forgot the elf outfit at his last stop and we were spared seeing John in costume. After all the presents were handed out the general consensus was that Wayne Robert's "PER kit" was, by far, the best.

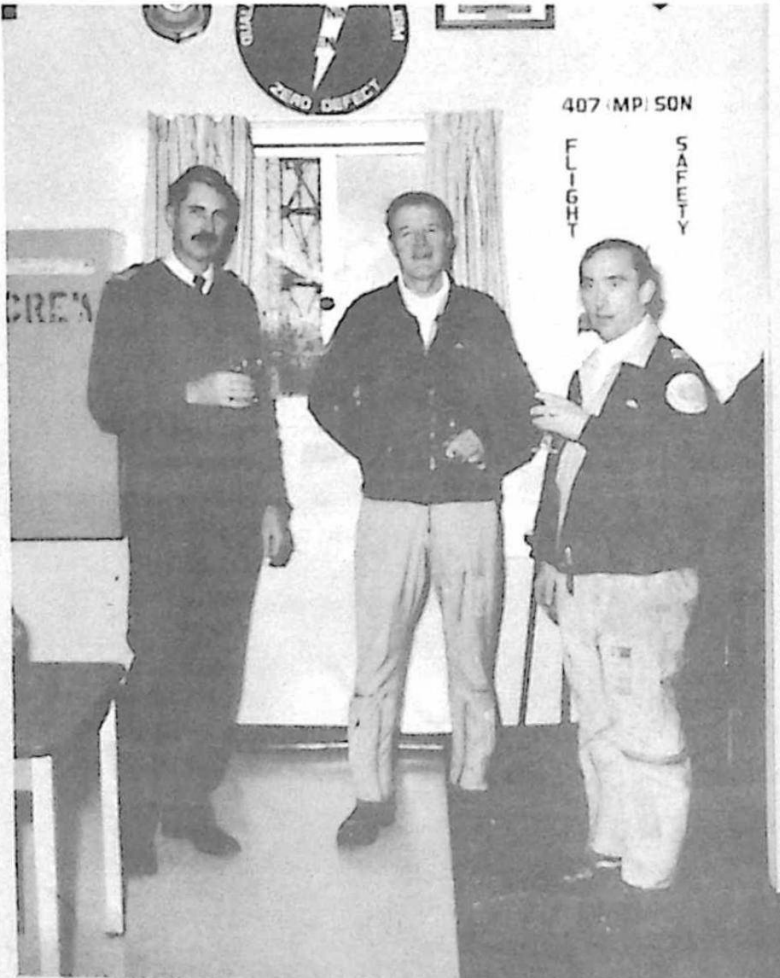
With Christmas behind us we turned our efforts to the New Year. With the number of crew members with January birthdays we thought we would petition the PERI staff to postpone our Expres testing (til June?) to allow us some time to work off all those Christmas BMIs.

We currently have people spread across the country on course. At the Hornell Centre in Greenwood Sgts John Ellis and Red Murray are on maintenance managers' and IET first line courses, respectively. At 10 FTU in Cold Lake we've got Andre Laliberte and Pat Nevelt learning the intricacies (or lack of) of the F-18 Hornet. So from Hornell to Hornet it isn't that far.

We have our first confirmed posting of the year. Dave ("I want to go Tac Hel") Wheeler keeps extending his COS date. We think it's so he won't have (cont'd on page 3)



Capt Pat Murphy (lying down) recently flew his last flight, as he retired after 27 years of service. Being quick of mind and legs, Patty initially evaded the fire truck and his ceremonial hosing. However, with the help of Capts Pete Lipohar and Pete Vandentillaart Pat was more cooperative with the Base Fire Dept.



After a quick wash and rinse the CO, LCol Bennett, and the STSO, Maj Nakonechny, offer a toast to the not nearly wet enough Capt Pat Murphy.

AROUND THE BASE



From The Top Rung

COL TED GIBBON

SMOKING. After the last three weeks I didn't want to hear that word again but considering the predominance of the topic and the emotion associated with it there seems little choice but to make some comment. In my former life as a naval person I recall a famous nautical watering hole, in Panama I think, where all sorts of risque activities took place (but nothing to compare with what can now be seen on your TV during "quality time"). It was called the PIFF-PAFF-POOF. I don't know why I thought of it, perhaps I was wishing I was there, but it popped into my mind when I tried to summarize those things which seem to be generating the most discussion these days and it came out PIFF-PUFF-POOPH-POF. The PIFF is your Personal Incredible Fat Factor, or the former most discussed topic, BMI; the PUFF should need no further elaboration, it's the current most discussed topic; if you don't know what a POOPH is ask somebody who has been to Australia, but this topic has been out of the closet for some time and; finally POF, is the factors that tend to run one's day.

Now about PUFF. Basically there will be none in any workplace on the Base. You may smoke, if that is your desire, in some areas of all messes and dining rooms, your PMQ if your significant other or siblings permit it, single quarters and in the great outdoors, but not in any form of uniform. Smoking is also permitted in the Salvation Army Social Centre and other social gathering areas such as at the golf course and the bowling alley. There are a few other minor exceptions, check with your supervisor. The administrative and disciplinary action that will follow violations of the restrictions has been well publicized and is in effect.

Many will consider these new rules as just another POF but when you think about it and if you can remember the good old days things aren't much different than they were twenty years ago. You just have to go a bit further to indulge your habit during the "smoke break." If you think the zealots have won the day try and remember they have your good health at heart and be prepared to control your respiratory rate when you take a healthy walk outside in the winter when all the fireplaces are in operation or in the fall when burning leaves and slash fill the air with fragrant aromas and.....

I wonder what PIFF-PAFF-POOF stands for?

407 continued

to navigate treacherous Roger's Pass in winter, but it might be a ploy to postpone the posting indefinitely.

We have reliable word that Brian Gowan, Mike Pilon, Dawn Nickerson and Rick Caissie are keeping the Readie crews on an even keel during their stay at NAS Moffett. It

was supposed to be maintenance's detachment but it quickly became clear that help was needed and volunteers from the servicing crews were found.

And with Valentine's Day looming large on the horizon this is 1 Crew signing off. Be sure not to miss the next instalment.



Michel Bourassa receiving his promotion to Corporal from Maj Clarke, 5 Jan 89.

REDISCOVER THE BEAUTY OF YOUR WORLD—HOST A FOREIGN STUDENT

By participating in Interculture Canada's year hosting program, area families can enjoy rediscovering the beauty of their world as seen through the eyes of a young person from another country.

Interculture Canada, a not-for-profit, charitable organization administering international exchange programs, has officially launched its 1989-90 host family recruitment campaign. Close to 200 students from as many as 30 different countries are on their way to Canada for an entire school year. These ambassadors of friendship, aged between 15 and 18, look forward to fully experiencing Canada by living with a Canadian family and studying in a local high school.

Thanks to Interculture Canada, those who welcome a student into their home can expect to live an intercultural adventure tailored to their family profile. Interculture Canada carefully selects students from a large pool of applicants and, through a sensitive family-matching process, makes every effort to ensure a positive climate for exchange. This way, families and students not only discover their similarities, but also grow from the richness of their differences.

This program is open to all family types: two parents with

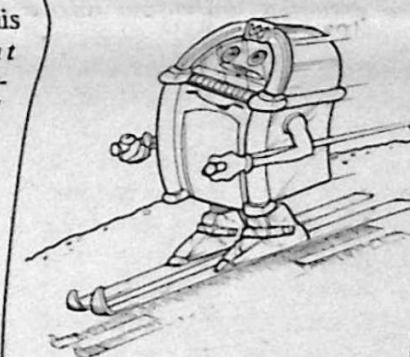
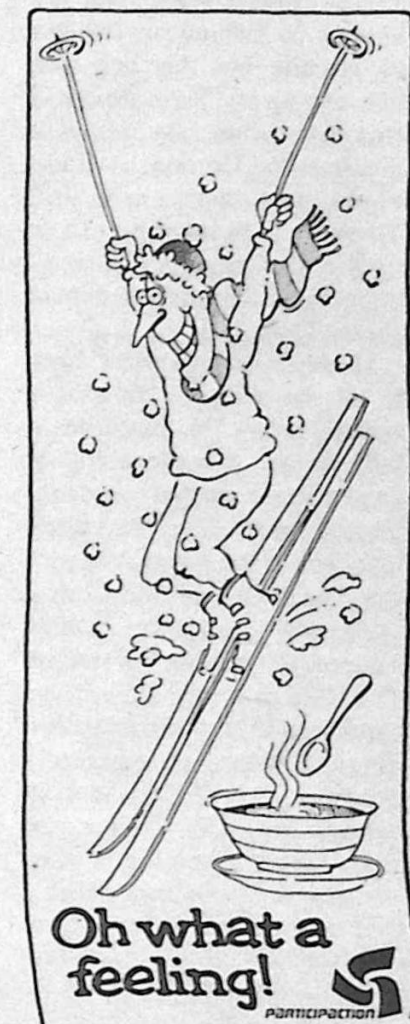
children, single-parent families, childless couples - all are welcome.

The pleasures of hosting largely rest on the acceptance of the student as a true member of the family. Explains one parent hosting a Finnish student, "We've let her become part of the family and now it's as if she always lived with us. It's going to be tough when she goes home in July."

Host families are not asked to absorb any outstanding expenses for the student beyond the food, housing and incidental expenses they would for their own teenager. Both student and family benefit from the support of Interculture Canada staff and volunteers throughout the experience.

As a member of AFS Intercultural Programs, Interculture Canada is part of the world's largest network of high school exchange programs. Established in 1947 and operating in 66 countries, this educational movement promotes intercultural understanding and international development.

Families wishing more information about hosting, and individuals interested in becoming Interculture Canada volunteers, may call Joyce Lepine at (604) 942-0895 or, toll-free, 1-800-361-1879.



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Maj Clarke, the SAMO, congratulates MCpl Duane York on his being presented Demon Tech of the Month Award for November 1988.



Rick Cochrane receiving his promotion to Master Corporal from Maj Clarke 5 Jan 89.

EDITORIAL



People think that this newspaper is only delivered to various sections on the base and that nobody really reads it anyhow. Let me enlighten you by mentioning that our subscription list includes addresses all across Canada, Europe, USA and Australia. There are millions out there who want to know what's happening at CFB Comox. There should be a line up at the front door of people fighting to get their stories and

tainly wish him all the best of luck in keeping you all informed; but even more so, I hope that you keep him informed.

For the last time...keep the blue side up.

"PROGRAM HAS PUNCH" **A GREAT DAY FOR GREAT THINGS**



LAC J. B. Forskiah, boxing supervisor of the Youth Recreational Council, instructs Gary Gibson, son of F/O Gibson, PMQ, in punching bag techniques while other boys wait their turn.

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1997

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LETTERS TO THE EDITOR

After their survey Canada Post came up with a figure of 95% of rural residents happy to be standing in line at the local store, garage, book store - pick one - to get their stamps. If you believe that you would believe anything.

According to my figures, keeping a small post office in a community doesn't cost nearly as much as it costs the taxpayer for Canada Post to tell us how happy we would be without one.

*Yours truly,
Aline Journey*

429 Squadron colours presentation and reunion

429 Transport Squadron wishes to bring to the attention of all past members and interested parties, the upcoming colours presentation and squadron reunion. The celebration has been tentatively scheduled for the 21 - 23 July 1989, pending confirmation of a royal representative to present the colours. We will advise any change to the planned dates. Anyone desiring more information or wishing to attend can contact our

squadron administration of
ficer (SAdmO) by telephone
at: (204) 895-5401 or in writing
to:

429 (T) Squadron
Canadian Forces Base Win-
CFB Winnipeg
Westwin, Manitoba
ATTN: SADM0

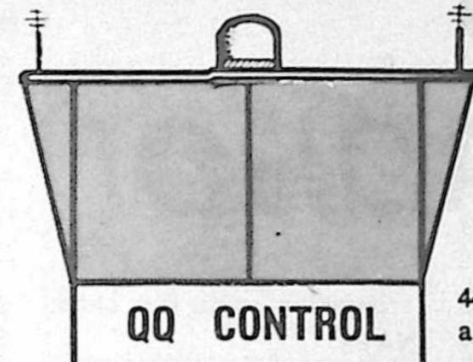
Come and join us in celebrating the past, present, and future of one of Canada's finest: 429 Transport Squadron.

RCBAF 33RD ANNIVERSARY

The Royal Cape Breton Air Force (RCBAF) is alive and well. The current Chief of the Air Staff (CAS), Squadron Leader John H. Billard would like to extend an invitation to all August Members to the 33rd anniversary celebrations, 22nd and 23rd Apr 89, CFS Sydney Officers' Mess.

This year's activities will include a Stag on Friday evening complete with RCBAF games

and prizes (a dinner will be coordinated for the ladies at a local restaurant) and on Saturday you will have an opportunity to visit local points of interest followed by the traditional RCBFA mixed meal dinner. Total cost of \$60 per couple, \$30 per single. Reservations can be made by contacting Flight Lieutenant Michael R. Moore, Adjutant, RCBFA CFS Sydney, MPO 200, Sydney, N.S. B0A 1B0.



As The Beacon Turns

Although the proposed bus service for the Comox Valley is

I would like to thank our newest Secretary at the section, Darlene Clark. Darlene deciphers my hieroglyphics every second week and translates them into legible type.



Mr Bert Bearman retired from the base cleaning staff 29 Dec 88 after serving 11 years. Prior to that Mr Bearman served with the RCAF and CAF for 23 years. He is seen pictured here with the Base Commander, Col Gibbon, Base Accommodation Officer, Capt Shaw, and his acting foreman Doreen Erickson.

TOTEM TIMES

CFR COMOX, LAZO, B.C. V0R 2K0

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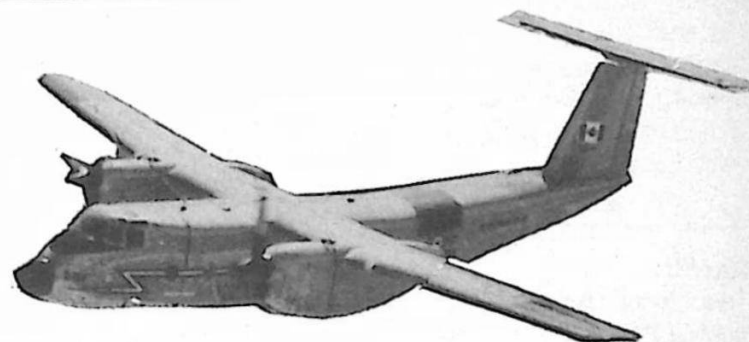
FREE COFFEE

Cigarettes \$2.95
(small pack)

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442 SQUADRON



SAR SUMMARY

On the 10th of January 442 Sqn was involved in SAR "Distant Water" which was a 120 foot vessel taking on water 230 miles from Sandspit. As the Standby Buff Crew was training in Victoria a crew was quickly put together from the Sqn and proceeded to the vessel in distress. The Standby Buff and Lab were sent to Port Hardy to preposition and an Aurora was launched to fly top cover. The "Distant Water" was finally able to get its engines and bilge pumps working and proceeded towards Sandspit. A Bulk Carrier was diverted to escort "Distant Water" and the aircraft were stood down.

On return to Comox the Buff was sent to Tofino to meet the training Lab which was picking up an 8 year old child with severe head injuries. The child was transferred to the Buff and rushed to Victoria.

On the 18th of January the Standby Lab was tasked to medevac an injured crewmember from a Japanese freighter 65 NM west of Tofino. The

Lab landed on the freighter and then transported the patient to St Joseph's Hospital in Comox.

FLIGHT ENGINEERS

Posting season is steadily approaching and with it are all the rumours and messages floating around our section. Early indications seem to be that Gander and Comox will be performing an even swap manoeuvre.

MCpl Kevin Morowski was part of a crew which delivered aircraft 310 to Arnprior, Ont. for overhaul. The flight was accomplished without difficulty and on schedule except for some weather problems in Northern Ontario.

Cpls Trevors and Poirier are soon to be upgraded to operational category and will help share the section workload.

MCpl Dave Sheppard had a little difficulty finding his car as he departed Clothing Stores on 16 Jan. The FE's said they had nothing to do with it....well, maybe a little. Perhaps a vehicle

recognition course is in order.

NAVS

The navs have been busy in several different areas. Mark has taken leave to set up his new house. Fletch is busy looking for another place to live as Harold is trying to sell before his posting to Trenton 01 May 89. Rudge has donned his Sherlock Holmes hat and is poking his investigative nose into certain matters. Maj Howe is still driving Jane over the roughest roads he can find. It appears that skiing is a navigator's sport as we had a 100% turnout from the section on the Sqn ski day.

LAB FLIGHT

Things have been relatively quiet as the Rotor turns. Lorne Reid has recently been awarded the position of Deputy Lab Flight Commander and seems to be enjoying himself. He even set us his personal computer in the office for "official use only." Kirk Sunter volunteered for and received the position of Editor for Totem Times. Good luck Kirk, we hope to see you around on occasion. Louise

Neil has taken over as PIO from Grant Griffiths. Numerous changes have oc-

curred with secondary duties which should make 1989 a challenging year.

A RARE PHOTO!



After many years of trying to get his picture in the Totem Times, Major Paul Drover finally succeeded. On 11 Jan 89 he was presented a De Havilland Buffalo 1000 hour pin and scroll by 442 Squadron CO, LCol M.E.Jay. Major Drover, who was previously Buffalo Flight Commander and S0ps0 with the Squadron, is now working in the S0SAR cell at ATG Headquarters. Eat your heart out Major Mohns.



GULLIVER'S STAR SEARCH

MEXICAN MADNESS!!

Friday & Saturday-January 27 & 28
Gulliver's features the tastes and flavours of Mexico
Specials from \$1.95

PARTY TIME

BIRTHDAY — RETIREMENT — POSTING — ETC.

Having a party? Give us 48 hours notice and we will supply the balloons, cake, etc. Call 338-7741.

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PUB STYLE ENTERTAINMENT

January 26, 27 & 28

GERRY PAQUETTE

GRAB A SONG BOOK and JOIN IN

LOCATED IN



HOURS:

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11 AM to 1 AM Wednesday - Saturday
11 AM to 11 PM Sunday

338-7741

SECTION NEWS

BAMSO



traits.

Pte P.Tremblett - A child with none of Dan's personality traits.

Pte G.Grawbarger - A non-destructible (or suicidal) pet.

Pte M.Boutet - A military wife (same one, just militarized).

Pte V. Cooper - One more chance as Base Commander

Pte Y.Breton - 3 good golf shots in a row.

Pte B.Kocis - The ability and courage to sing at Christmas parties.

Pte J.Beal - The opportunity to work for a change.

(Note: It has also been discovered that the BAMSO Hockey Team's wish was a nice, "modern" suit for their coach to wear behind the bench and that the coach himself, our illustrious Maj Kightley, wished for a copy of "Winning Hockey" by J. Brophy.)

That's about it for this article, so from all the Lab Rats,

an exciting New Year to all.

AMSE

Here we come, for those who thought we were dead-no luck. 1989 looks to be a good year for AMSE. First about Refinishers - Cpl Harvey, who really enjoyed the last snow fall, asked for some more so his boss sent him for a new posting to Greenwood. Good Luck Dennis. Cpl Gervais looks like he is on a diet but he said Christmas was rough. Now AMSE - Pte Farrel said he didn't have enough time to spend the \$800 he won at the snow ball just before Christmas. Cpl Schultz is back from an ABDR Course and he said he is able to fix any aircraft in any condition with only electrical tape - Hum!!

In the office, Sgt Kruger and MCpl Levy are quiet. I guess they've got a lot of paperwork to keep up to date. As for the electricians' side, we don't

know if they are back from Christmas leave. Pte Pepin is studying hard for ATAT and MCpl Kennedy is busy thinking

about all those fish waiting for him in the ocean. Have a good one everybody, see you next time.



Major Kightley is shown presenting Cpl Bruce Maceachern his second Honours Award. This award is given to those MOC 500 Technicians attaining 90% or better on their Technician Advancement exam. In this event it is all the more an honour for Cpl Maceachern as it is his second award, having earned one for his QL-4 exam as well.



Maj Kightley presents Cpl Pepin with his new rank.



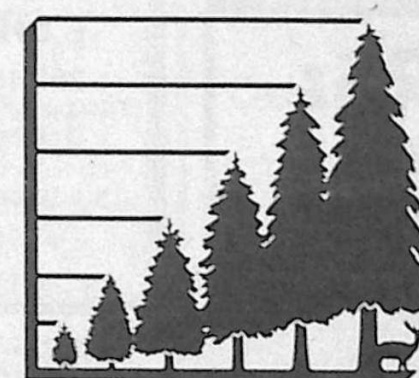
Sgt Henning is presented with his new rank by the BAMSO, Maj Kightley.

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Victoria, B.C. V8X 3X4



ANKER KLANKIN'

At the time that this article is being read, the squadron should have all arrived back from a deployment in San Diego, Ca. VU 33 was tasked to provide support to the Canadian naval deployment to southern California. Our squadron plays an important role in the training of new operators of various equipment on the ships as well as keeping the older salts on their toes.

Congratulations to Capt Randy Chalk on his recent and well deserved, according to Randy, promotion. Randy, in keeping with airforce tradition and trying to lead the way for some OTHER new Captains on the base, rang the bell in the mess and parted with his first few raises a bit prematurely. Well done Randy!

The Rocky Mountains have seen many Trackers overfly so far this month. Capt Wayne Cuthbert and crew took some VU 33 Squadron technicians to CFB Namao for HAI training earlier this month. The Tracker, not used to such harsh weather, decided to break down. Another Tracker was quickly dispatched with a repair crew and the problem was promptly rectified. The squadron members had a chance to view some of the local culture and listen to some good (??) country and western music. A few more were even seen two-steppin' at the Mex later that weekend.

At great risk to his career and reputation, Maj Arsenault finally approved a flight to CFB Cold Lake for our 420 Squadron crew. For those people who are unfamiliar with 420 Squadron, it is a reserve squadron based at CFB Summerside with a rather small contingent (2 aircrew) augmenting VU 33 Squadron. Capts Don Fair and Dan Orr donned their winter flying gear and headed for Cold Lake, which was their old stomping grounds, when they had REAL jobs. The weekend was a huge success for them although they

said not much has changed in Cold Lake since the late fifties. The boss said he is going to wait a few weeks for any stories to come filtering back before he sticks his neck out again.

The boss is sure to arrive back from the Base Commander's meeting at any minute so I'm going to visit the 7 Hangar Social Centre for probably the last time before it is sadly retired and changed back into a normal snack bar again.

VU 33 TECH SIDE

Now that we all have our 7 Hangar area passes we can sign up for Curling - 3 Feb 89 and Skiing - 8 Feb 89 and don't pass up the opportunity to attend the 8th annual hoser party held at Brian's Saturday 25 Feb 89.

DESTINATION SAN DIEGO - Social 89 is supposedly off and destination supposedly San Diego. Frank is going to try and make it further than Victoria, especially with all the US money. Good luck. A/C 161 is allergic to pilots, so techs say.

Darren Herle is new sump plug on Trackers -? Being an Adm Clk I really don't understand. I hope the rest of you find humour in this. I hope all of you are sticking to your new year's resolutions. My goal is a BMI of 22.5. And for you smokers - Monday is....well you know.

Capt Snow returned from Ottawa, good news for all. Congratulations goes out to Toni Pasolli who received his Cpls 2 months in advance.

I think Yvan Duchesne is trying to grow his moustache back. I will tell you more maybe in the next edition.

Ralph Hogarth seems to be fading away, either that or he went to Clothing Stores and exchanged his clothes for a larger size. I guess only him and his wife know for sure. I hope the cut back on cigarettes doesn't discourage him.

Welcome, Mike Jameson to the sunny Comox Valley, I hope you enjoy your stay.



Supply Signals

Customer Accounts. Paul has a variety of duties such as dealing with customers who come to the office, changes in DA accounts, DA verifications, serial number surveys, to name a few. As you can see we cover a variety of areas within Supply. In addition to daily duties the Customer Services Section ran a DA Holder's Supply Seminar which was held in Hangar 7, VU 33 Sqn briefing room, 28 Nov - 2 Dec 88. The seminar was a success and we wish to thank all those who attended. A special thank you to VU 33 Sqn for allowing us to use their briefing room.

Now for a few notes about the remainder of Supply. The installation of the new mezzanine in 1 Supply Group has now been completed. The many hours of extra work

finally pays off. MCpl Picard is temporarily moving from 5 Supply Group to stocktaking. We would like to welcome a new Sup Tech, Pte Dourado who came to us direct from Cornwallis. Shortly after her arrival she took leave and went home to Toronto to visit family. She came back to work 9 Jan and now she's off to Goose Bay for a two month tasking. What a beginning!

Clothing Stores was closed 9 and 10 Jan for renovations. We apologize for any inconvenience (all for better service you know), also a better working environment for the over-worked staff.

That's about all this time. See ya in the next issue. Remember, you fly them but we supply them.



MCpl Jack Picard received his new rank from Major Blakely and MWO Smith of Base Supply. MCpl Picard is employed at CE Supply. Congratulations Jack!

WE ARE ALL GETTING OLDER

Without realizing it over the years, you have accumulated a sizeable estate: a home, savings, investments, life insurance. When you sit down to calculate your net worth, you may be astounded. Do you know what the legal implications will be for your estate if you have not left a Will?

No one likes to think about their own demise and if you have planned your estate and your Will is up to date, read no further. If not, perhaps we can help. If so, call.

AZIM N. DATOO

SWIFT DATOO DOHERTY

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COMOX

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339-7779

In addition to our regular Monday to Friday business hours, our Comox office is open Saturdays from 9:00 a.m. to noon. No appointment necessary.



**DRINKING DRIVING
COUNTERATTACK**

SECTION NEWS

From The Fire Chief's Office

Protect Your Family Against Fire

In Canada, fire burns one home every 15 minutes, destroys millions dollars worth of property each year, and claims over 900 lives yearly. Remember that most fires are the result of carelessness and that the greatest safety comes from prevention. A little extra care on your part may save not only your life, but the lives of others in your home.

To prevent your home and your family from becoming a statistic, the Fire Department recommends that you inspect your home from the basement to the attic. Acquaint yourself and your family with the information in this pamphlet and if you have any questions, please call the Fire Prevention Bureau for additional information.

Check for the following:

Basement

- Remove all unnecessary combustibles from the basement.
- Have a service man check all furnace safety controls, the chimney and flue connections for leaks, and clean the furnace once a year.
- Remove flammable liquids from the house and store them in tightly closed metal containers.
- Use only the proper size fuses...15 amps in most homes. Keep plenty of spare fuses on hand, and never replace a fuse with a penny, washer, or metal foil.
- Ashes from your fireplace should be removed and stored in covered metal containers on a cement floor.
- Have your wiring checked periodically by a qualified electrician.

Living Room

- Provide fire screens for fireplaces to keep sparks from flying onto the rugs and furniture. Fires should be tended by an adult, and never allow small children to throw wood or paper into the flames. Keep combustible material away from the fire.
- Do not use extension cords in place of permanent wiring.
- Replace frayed electrical cords or broken plugs, and never run cords under rugs or nail cords to baseboards, window frames or doors.
- Provide sufficient electrical outlets for your needs—avoid doubling or tripling up on electrical outlets.

- Provide deep substantial ashtrays for smokers, and ensure that the contents are disposed of safely each evening before retiring.
- Replace fixtures containing bare wires, broken sockets and fittings, or defective insulation.
- Check that the wattage of light bulbs is not too high for the fixtures—causing overheating.

Kitchen

- Remove pans of cooking fats and oils from the stove when not in use—it is easy to turn on the wrong burner. Do not use water to extinguish a grease fire—if a fire extinguisher is not available, use a lid or cover to smother the flames.
- Always be sure that all appliances are turned off when you leave the house.
- Avoid the use of home-made or unapproved appliances and fixtures. Look for the Canadian Standards Association seal of approval.
- Check for damaged or spliced appliance cords and appliance plugs that heat up in use.
- Arrange your kitchen so that curtains, towel racks, paper towel dispensers and waste paper containers are a safe distance from the stove.
- Have an approved dry chemical fire extinguisher handy.
- Keep matches out of reach of children and use only safety matches.

Bedroom

- Never smoke in bed.
- Ensure that electrical cords are properly connected.
- Check to make sure that electrical fixtures, located in clothes closets, are a safe distance from your clothing.
- Provide sufficient electrical outlets for your needs.

Attic

- Check for cracks in mortar of chimneys.
- Never store flammable liquids near chimney.
- Electrical cords should not be hung over nails or knotted.

Garage

- Flammable liquids should be stored in covered metal containers and out of reach of children.
- Avoid accumulation of rubbish and old newspapers and junk.
- Check for burning cigarettes carelessly discarded.

Good Housekeeping

A good way to keep your

home safe from fire is to practice good housekeeping habits. Rubbish, junk, and old newspapers can provide fuel for fires and sometimes can ignite spontaneously. Never allow rubbish to accumulate, particularly in offices, basements, closets, stairwells, or garages. Dispose of rubbish daily in metal containers outside your home. Never mix ashes or cinders from fireplaces with rubbish, and always deposit them outside in separate closed metal containers.

Be Prepared For Emergencies

- When there are small children in the house, an escape plan should be worked out in advance.
- Have family fire drills periodically.
- Plan an alternate escape route.
- Children should not sleep in isolated parts of the house.
- Leave room doors unlocked—especially in children's rooms.
- No time should be wasted in reporting a fire to the fire department.
- Have the fire department's telephone number posted on the base of your telephone.
- Remember to give your address or exact location.
- Children in the home should be instructed in the proper procedure for reporting a fire.
- When on vacation, make arrangements for a neighbour to check your home periodically.
- Baby-sitters should be supplied with the following information:

Parents' destination and phone number

The location of all exits and the telephone Emergency phone number of Fire, Police, and Doctor.

Street name and house number

How to call the Fire Department

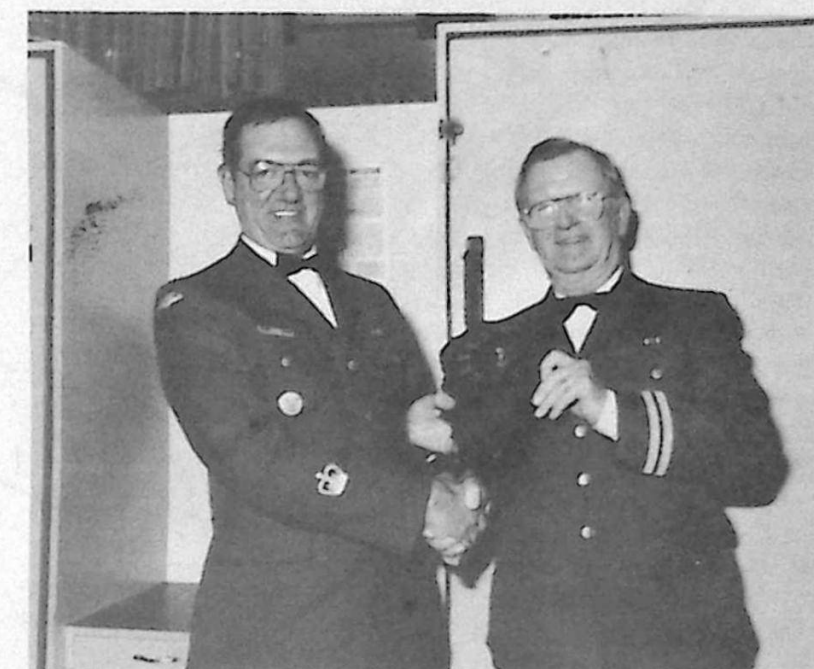
Early Warning Detector Units

It is recommended that you consider installing an approved type (Underwriters' Laboratories of Canada seal of approval) smoke detector unit in your home. In the event of fire occurring, this should ensure that you receive an early warning.

KEEP FIRE OUT OF YOUR HOME

Fire Department Emergency Telephone Number 339-3333.

34 Years Dedicated Service



With good memories and fondness, we reluctantly say farewell to two retiring firefighters. WO Larry Dube with 28 years experience will continue his career in Quebec as a Platoon Chief in the St Hubert Fire Hall...



Cpl George Fraser, also with 28 years in the service, will remain in the Comox Valley, to enjoy his retirement. Best wishes to you both, and your families. Stay in touch.



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SPORTS & RECREATION

CFB COMOX ANNUAL
CARNIVAL/SPORTS
TABLOID 16-17 FEB 89

The Annual Carnival/Sports Tabloid for all military and authorized DND employees will be held on the 16th and 17th Feb 89. Activities will commence at 1200 hrs 16 Feb and terminate at 1800 hrs (approx) 17 Feb with the presentation of awards and the BComd's Trophy.

The objective of this event is to encourage increased participation in both physical recreation activities and to promote competition and "Esprit de Corps" between Sqns/Branches/sections.

The scope of activities planned will be challenging, enjoyable and provide a medium for competition.

A proposed schedule of events is as follows:

THURSDAY 16 FEBRUARY 89

TIME
1300 hrs
1330 hrs
1400 hrs
1430 hrs
1800 hrs
to
1930 hrs
1945 hrs

ARENA
Inner Tube Relay
Hockey Stick Relay
Puck Curling
Skate & Shoe Relay
Cracker Whistle Relay
Pack Toss
Darts
Pool
Skits

ARENA PARKING
Smoosh Race
Broomball Relay
Egg Relay
Wheelbarrow Relay
WOs & SGTs Mess
Jr Ranks Mess
Jr Ranks Mess
Jr Ranks Mess
Jr Ranks Mess

FRIDAY 17 FEBRUARY 89

TIME
0900 hrs
to
1130 hrs

BASE GYM
TABLOID SPORTS
1. Ping Pong Relay
2. Badminton Serve
3. Golf Putting
4. Ring Toss
5. Poche Toss

6. Charlie Chaplin Race
7. Basket Toss
8. Penny Flick
Bowling
Wheelchair Race

TIME
1245 hrs
1330 hrs
1415 hrs
1500 hrs

BASE GYM
Log Sawing
Log Relay
Nail Driving
Inter-Mess Relay

Inter Base competition such as this offers a challenging and rewarding experience for participants and spectators alike. All base personnel are encouraged to become involved in these activities.

Additional info or suggestions should be directed to the committee OPI MCpl Davey at loc 8367 or MCpl Descoteaux at loc 8315.

limited. Message with full particulars is required. Replies will be entertained first come first serve basis. For more info contact the Rec Centre loc 8542.

PAC REGION OLD TIMES
HOCKEY CHAMPIONSHIP

The Pac Region Old Times Hockey Championship will take place at the Base Arena from 30th Jan to the 2nd Feb. Games will be played at 1330 hrs Mon to Wed with the final game starting at 0900 hrs on Thursday. CFB Chilliwack, CFB Esquimalt and our Old Totems will battle for the Championship. The Totems are ready and won't be easy to defeat. They are looking forward to winning it all. Don't miss the action, be there and cheer on your favourites.

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SPORTS & RECREATION

STAY TUNED

Establishing your running rhythm

BY Roger van Nieuwkerk

for the end.

The motivation that sends people out running, jogging, or walking can come from a variety of different sources. For some it comes from a desire to improve one's appearance by restoring a healthy, flushed skin colour or by achieving a slimmer figure. For others the motivation comes from nothing more than hopes of sneaking under a B.M.I. of 27. Beyond that, there are hordes of people out there who actually enjoy it!

For whatever reason you are out there flogging your body along, I have one tip that can benefit all runners. That is to establish a running rhythm, a set cadence, or your own RPM if you wish. When running, how often have you started out feeling like a race horse and soon after found yourself wishing you had never laced up your shoes, or starting to seriously question the benefits of exercise anyway? Of course, at this time all form or style has been long since abandoned with tongue on chin, arms and legs everywhere, and eyes bulging, searching desperately

Running need not feel that way. After a run one should feel invigorated and in a positive frame of mind. When you begin, start out slow, at a pace that almost seems insulting to your level of fitness, because it probably isn't. Gradually move into a pace that is more than comfortable. When you establish this pace, observe; how fast your arm swing is, how fast your cadence is, how hard you are breathing, how fast your heart is pumping, and generally how you feel. The key is to passively observe these feelings rather than trying to control them through conscious effort. It should be more of conscious relaxation than effort. You will know when you've found your rhythm as your mind will be capable of handling other thoughts such as, "Isn't it nice and sunny today," or "Doesn't that breeze feel great!" etc. instead of being pre-occupied with mere survival.

If the terrain varies, don't panic, adjust your stride and keep your rhythm constant. For example, if you are starting

up a hill, then shorten your stride and so forth. Other tips are to: Hold your head up to allow for easy air passage. Relax your arms by lowering them to reduce tension in the chest which otherwise might impede breathing. Relax the muscles in your face and neck trying not to strain or chip any teeth by gritting them. Keep your eyes forward allowing your hands to just enter your field of view acting as a sort of metronome for your pace.

It might seem like a lot to remember at first, but it really isn't. If you glance back through the article, you will notice that the predominant word is "RELAX." However, I'm not suggesting that you drift into a state of oblivion, unconscious to what is happening around you, especially traffic! Rather, over the next couple of times out, try to find a rhythm, lock onto it, and Relax! After a few weeks of being engaged in a running program you may find that your motivation for doing it may change. That is, you may evolve into one of those creatures who runs for enjoyment. Oh No!

CHATHAM
An Airfield History
By Col. A.M. Lee

8 1/2 x 11 - 210 pages - \$25.00

Hard Cover

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Editor, Chatair CFB Chatham
Curtis Park, N.B. E0C 2E0

INTERSECTION HOCKEY LEAGUE STANDINGS
AS OF JANUARY 18, 1989

TEAM	GP	W	L	T	PTS	GF	GA	GAA
BAMSO	19	16	2	1	33	126	45	2.37
BOPS	21	14	5	2	30	136	91	4.33
BTNO	19	12	5	2	25	86	75	3.95
RCMP	19	11	7	1	23	93	65	3.42
407 SQN DEVILS	17	10	11	0	20	82	62	3.65
442 SQN	18	16	9	3	15	81	95	5.28
Vu33/TEL	20	4	13	3	11	64	78	3.90
CE/FH	19	3	14	2	8	60	108	5.68
407 SQN DEMONS	18	1	15	2	4	65	133	7.39

WEEKLY RESULTS

MONDAY JANUARY 16

BOPS	7
BAMSO	8
FH/CE	7
442	6
VU33/TEL	2
BTNO	4

WEDNESDAY JANUARY 18

442	11
BAMSO	3
BTNO	9
BOPS	2
DEMONS	4
DEVILS	1
VU33/TEL	7
RCMP	2

INTERSECTION HOCKEY SCORING RACE

NAME	TEAM	GP	GOALS	ASSISTS	TOTAL
NORRIS	BOPS	14	40	30	70
MCLAUGHLIN	BTNO	15	22	15	37
WAUGH	442 SQN	16	19	15	34
TINKER	BOPS	17	15	19	34
WYTON	RCMP	13	19	13	32
SCHRADER	BOPS	16	14	18	32
WOOLRIDGE	BOPS	17	18	14	32
WEISNER	BAMSO	15	10	21	31
MCKENZIE	BAMSO	18	16	13	29
WARD	BAMSO	18	12	16	28

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AVIATION HISTORY



John Bradley

No. 5 Squadron was one of the earlier formed units when it was established on 16 April 1934. The unit had come together with the amalgamation of a number of flying detachments that had been formed to assist the RCMP with anti-smuggling and illegal immigrant patrols on the East Coast.

To take part in these missions the unit was utilizing the Fairchild 71 floatplanes that were originally used by the RCMP themselves. The unit was stationed at Dartmouth, Nova Scotia and the first Commanding Officer was S/L F.C. Higgins.

After the RCMP formed their own Air Division, in 1936, 5 (Flying Boat) Squadron was no longer tasked to assist them and was able to concentrate on military training. Along with regular military duties came calls to assist civilians. In fact, on 23 May 1936, two Fairchilds were despatched to Sable Island to pick up an individual with a serious medical problem. The squadron had been notified at 1340 hrs and by 1715 hrs the two aircraft had arrived at Sable Island. They were on the return trip in less than an hour and by 2000 hrs the patient was being transferred to an ambulance at Halifax.

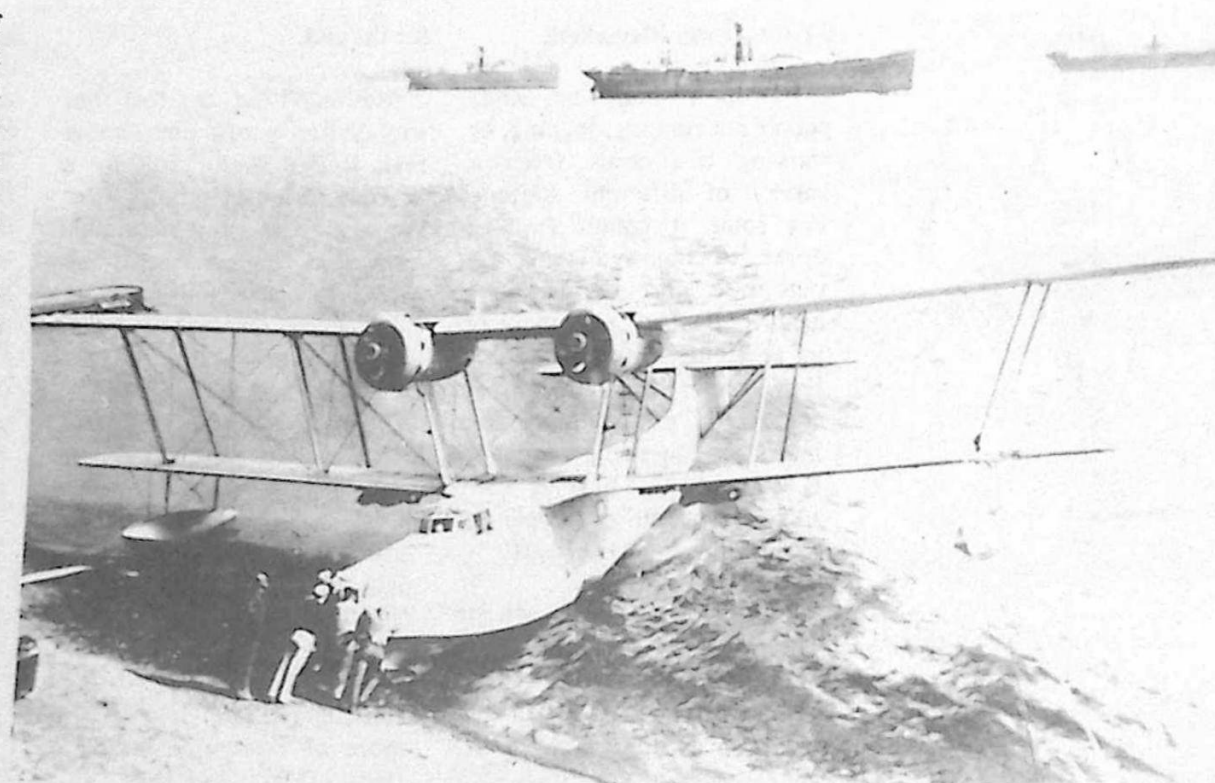
Supermarine Stranraer

After a long and rather drawn acquisition period, sounds familiar doesn't it, the RCAF finally began to receive the first of the new aircraft during November 1938. The first Stranraer was delivered to No. 7 (BR) Squadron at Ottawa. Within a few weeks 5 Squadron began to receive the first of their Stranraers and soon put them to good use.

The Stranraer, which had been developed from the post World War I Southampton, was a large twin engined biplane flying boat. It was powered by two Bristol Pegasus Mk 10 engines and had a crew of either five or six personnel, depending on the mission. The aircraft had a ten hour endurance and cruised at the breakneck speed of 105 mph.

Shortly after the squadron received their aircraft, an incident occurred that showed not only the virtues of the aircraft but the stamina of the crews. On 17 September 1939 one of the Stranraers was forced to ditch in the open Atlantic. The aircraft wallowed around for over 22 hours before they were rescued. During the entire ordeal the wireless operator, a Cpl Calow, stayed at his equipment to direct other aircraft and shipping to their location in spite of the fact that he was suffering

NO. 5 (BR) SQUADRON



While this Stranraer actually belongs to 6 Squadron, it nevertheless illustrates quite well Canada's early ASW aircraft. (MAP)

from cold, exposure and seasickness. For his willingness to stay at his post he was awarded the British Empire Medal.

Bomber Reconnaissance

During 1937 the unit had been designated as a Coastal Reconnaissance unit. Later in the year the name was changed to General Reconnaissance. The war was soon coming and training was stepped up to meet the threat. On 10 September 1939 the squadron was mobilized for war service. The unit was assigned the task of flying anti-submarine patrols in the approaches to Canada's East Coast. By 31 October their designation was again changed, this time to Bomber Reconnaissance. This designation would remain until war's end.

The first Halifax to United Kingdom (HX) convoy departed on 16 September 1939 with No. 5 Squadron acting as convoy escort out as far as the extreme end of their range to conduct an anti-submarine sweep from Halifax harbour out to sea. Patrols carried on from that point almost daily with each patrol lasting an average of five and a half hours. Stranraer missions carried on almost unabated when word was received that the unit would be converting to the Consolidated Catalina Mk I by June 1941.

Nine Catalinas were borrowed from the RAF to get 5 Squadron started on the type as soon as possible. They travelled to Bermuda for training. By the end of the month with training almost complete, personnel were somewhat surprised to find that not only were they about to lose their Catalinas but that the majority of the trained personnel were going with the aircraft to help form the newest RCAF squadron, No. 116 (BR). Because of the

transfer, the unit was forced to reactivate their Stranraers. They continued to utilize these old aircraft until October when the first of their Consolidated Canso A's began to arrive.

Anti-Submarine Warfare

With the Canso 5 Squadron gained an aircraft with greater capabilities especially in the area of range and offensive armament. With the extended range, 600 miles, the squadron was able to provide protection to both in and out bound convoys at a much greater distance.

The U-boats however were not finding that all was on their side even though this period was known by them as "the happy times." On 22 Feb 1942 convoy ONS 67 was proceeding towards Cape Race and was attacked by a number of U-boats. Eight vessels out of forty were sunk outright by the Wolfpack. One submarine, U-96, was attacked by a 5 Squadron Canso which dropped its depth charges in a close pattern. Oil was seen to gush up to the surface but the submarine was only slightly damaged and in fact attacked and sank the SS Tyr the next day.

Numerous sightings and attacks on submarines were carried out with what appeared to be little or no effect. Operations with other RCAF and USAAF squadrons were carried out from such locations as Gandre, Torbay, Sydney, and Mont-Joli. Luck was soon to change for the better on 4 May 1943 when the squadron was able to obtain their first kill.

On that day a Canso from Torbay detachment was sent out to sweep the area around convoy ONS 5. A submarine was sighted on radar about 650 miles from base. The boat was caught so quickly that when the Canso passed overhead there

eventually disbanded on 15 June.

Honours Awards and Totals

While 5 (BR) Squadron was only able to claim one U-boat, they did in fact make a total of 17 attacks against 25 sightings. To get their kill and sightings the unit had flown 3848 sorties for a total of 27,117 flying hours. Training hours accounted for another 8197 hours. Amazingly, not a single aircraft or crewmember became a casualty on operational missions. Training accidents however claimed three aircraft and eleven personnel. Squadron aircraft carried the QN code between 1939 and May 1942. From May to October 1942, the DE code was carried. Because the unit was on the Home Establishment the codes and aircraft individual letter were underlined.

The squadron had been awarded a badge by King George VI in June 1941. The central device was a gannet in flight. The motto VOLANDO VINCIMUS translated to By Flying We Conquer.

Unit personnel received 14 DFCs, 2 AFCs, 2 DFCs, 2 AFMs, 1 BEM, and 7 Mentions in Despatches. As originally laid out in RCAF Orders, Administration Order 62.00/04, Appendix "B," 5 Squadron was not awarded their Battle Honour, Atlantic 1939-1945 because they were disbanded prior to the order being published. Due to a change in Orders dated October 1988 all of the Home Establishment squadrons are now officially awarded their Honours. As of last year, 5 Squadron is now entitled to the North West Atlantic 1939-1945 Battle Honour.

The unit had moved to Yarmouth on 2 August 1944 where it remained until 7 May 1945. On 8 May they travelled to Gaspé, Quebec where they were

COMOX VALLEY CHRISTIAN WOMEN'S CLUB

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ON & OFF THE BASE



RIPPLES FROM THE BEAVER POND

"Beaver Fever" is again running rampant as hockey players from all over the Pacific Region descend on CFB Comox for the annual Beaver Cup Hockey Tournament from 25-27 January. The CE team showed that it was ready with a 7-4 win over BTNO on 16 January; a game in which Lt Cook finally took the training wheels off his skates and scored a goal. In other hockey news, "Derek the Goon" appeared for three games, long enough to get suspended for life; Bill was then heard to say, "He's my hero," and got himself suspended for six games.

A quick plug for the Sports Rep: A sports tabloid will be held 16-17 February and CE requires two female personnel in any age group to field a ten person team in this event. Any interested personnel are to see Rotten Rob Bouchard in the Fridge Shop. Also, there will be a Beaverspiel in Chilliwack 16-19 February. Again, interested personnel are asked to see Rotten Rob by 30 January.

There have been many faces returning from long TD trips lately. Ben Rave and Bill Irving have finished their TQ5As, Sgt Blackmon has been promoted and finished his TQ6A and Wally Taylor is back from the Golan Heights finally. It would be appreciated Wally, if you have any leftover suntan lotion to send it over to Jack Bosse,

who is lucky enough to be going on course in Texas for a week sometime soon. Speaking of Texas, our globetrotting UtilO (Boss Sow) has made several trips to the Cook County Saloon and Dance Academy in Lethbridge, and it is rumoured he has perfected the Texas Two-Step. I hear he also acquired a couple of boilers for the steam plant, which after much deliberation, were shipped to Comox where a "Cadillac" storage building was erected at RATCON to protect them.

Congratulations are in order for Jason Evans who picked up his Sergeants and his rumoured posting to Chibougamou and to Jim Waddell and his wife, Shelley, who now have a baby girl! Wayne Erhardt is a little disappointed lately - he hasn't been able to make as much money at Eucher as he did in Vegas. Tough luck Wayne! The big question on everyone's mind, believe it or not, is if the "King and the Cripple" have learned to play pickleball yet or will unnamed people have to teach them some more lessons? Stay tuned, folks, I have a feeling this isn't over yet.

Finally, a note to all personnel at CFB Comox. We love working for you, but please be explicit when filling out work requests. We don't own a crystal ball.

See you next time.



Pipe Smoke



Let's talk a little about gun dogs. As you no doubt know they come in a lot of shapes and sizes. Hunters use dogs for two purposes. To find game, and to retrieve it when it is shot. There is one thing that is not understood by many. A gun dog doesn't have to be taught to hunt. Hunting is an instinct with which the dog is born. However, if several generations are not provided with the opportunity to go hunting, the instinct will vanish. It can only be brought back by careful breeding with other dogs that still have it. Basically, of a dog doesn't know how to hunt, he will never learn how.

Obedience, is something else. Obedience is paramount to a good hunting dog. This must be taught. One of the best ways to do this is by taking the dog to a regular obedience class. Once the basic obedience traits are learned, the specialized training necessary to a good all around gun dog can be taught.

Tsable is a German Shorthair puppy, bred by myself and owned by my hunting comrade Frank. Her mother is shot over regularly, and her father is an American field trial champion from Washington. She is finding and pointing birds at less than six months of age.

All this points out the necessity of ensuring that any dog you acquire for hunting purposes, comes from proper stock. That springer Spaniel pup in the pet shop just won't do. Chances are that not a single dog in its pedigree has ever seen a live bird.

Hunting dogs can be divided into three general categories. Retrievers, Pointers and

flushers. Retrievers, while some of them do find game in the field, basically have the sole purpose of retrieving. Pointers find game by the use of their nose, and when they do, stand motionless, pointing with their nose to where the bird is. Pointers rely almost solely on their sense of smell. I recently observed my dog on a perfect point at a pheasant which was crouched in plain sight on the ground. However, the dog was pointing and staring at a spot two feet from the motionless bird, because that was where the odor was emanating from due to the wind. She did not even see the frozen bird, although she knew it was there. Flushers locate birds in the same manner as pointers, but instead of remaining motionless when they find game, they chase the game into the air.

Most flushing dogs were developed for use many years ago with Falcons. Also, many of the so called "English" pointing dogs were developed for the days when hunters used nets and hunted on horseback. Today, we want dogs who will hunt within gun range of us. Thus were developed the continental gun dogs. The German shorthairs, wirehairs and longhairs, the griffins, munsterlanders, pudelpointes, and Weimaraners. These are the modern gun dogs. Versatility is their name.

One of the nice things about gun dogs is that you do not have to be a hunter to enjoy them. A non hunter can have a lot of fun in the field with his dog, and not have to kill anything. Finding birds is most of the fun. Don't you agree, Frank?

Safety makes Canada Savings Bonds popular investment

The success of this year's Canada Savings Bond Campaign, which raised a whopping \$14,962 billion—the third highest sales in the 42-year history of CSBs—comes as no surprise to stock market analysts.

made Canadians very safety conscious," observed one senior Toronto analyst.

"Retail investors," said another analyst, "are very cautious about re-entering the market. They're not looking for quick capital gains and they're not chasing rates for a half or even a full percentage point."

Investors, they point out, are better informed today.

"A lot of the money that

went into CSBs this year also had a hard look at GICs on the way through...but with their instant cash feature, it was relatively easy for account executives to convince clients to put their money into Canada Savings Bonds," said another analyst.

This year's very imaginative marketing effort was also a factor, he said. Investors were primed to look at fixed income securities and the 1988 advertising program only reinforced this view.

It was also a tremendous year for the CSB Payroll Savings Plan, which enables individual investors to buy Canada Savings Bonds through payroll deductions where they work.

This year a record \$2.135 billion was bought on the Payroll Savings Plan—up 7 percent from 1987. Individual purchases were also higher—an average of \$1,530 per application compared with \$1,461 for the previous year.

Atlantic Canada led the way with a 13 percent increase in sales over 1987 followed by the Prairies, which posted a 12.6 percent increase; British Columbia, with 9.4 percent; Quebec, with 7.9 percent; Ontario, 7.7 percent.

The Journey Through Life

a series of free public forums each tuesday night
at 7:30 pm from january 31 to march 14

Education: Mind, Body and Spirit
january 31

The Challenging Years: Do You Have A Teenager?

february 7
Intimacy: Its Multiple Dimensions
february 14

Men & Women in Transition
february 21

Marriage—A New Mindset:
How to Stay Married
february 28

Our Elders: Untapped Resources
march 7

Death: The Continuation of the Journey
march 14

at the Lake Trail School Bandroom
Tuesdays at 7:30 pm
Courtney

sponsored by the Baha'is of the Comox Valley

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ON & OFF THE BASE



COMMUNITY COUNCIL

Once again another Holiday Season is behind us. We celebrated the end of this festive season with the Christmas Tree Burn. We couldn't have asked for nicer weather or a better turn out and it's hoped that all who attended enjoyed themselves.

We would like to give our thanks to Mark Blanchard, Terry Smith, Dick, Liz and Jeff Hillard, Michel Lauvasseur, Bill Bailey, Jim and Joanne Zetek, Dave Jones and Crandell Over-

ton for helping out with the barbecuing, setting up of tents and taking them down, and to Heather Smith, Jean Marie and Giselle Bosse for being monitors on the rides. We would also like to say a very special thanks to Eric and Kate Hall for coming from Cumberland with their horses and wagon and to Leslie Roe for driving Little Toot and putting up with all the screaming kids. The Community Council would also like to thank the

Base Fire Hall, Base MPs, and Base Transport for their support and to anyone else who volunteered their services.

The next Community Council event will be at Easter with the Easter Egg Hunt, Children's Colouring Contest and Bicycle Parade. Anyone from Wallace Gardens wishing to help out in this event should contact Debra Roy at 339-7998. From your Community Council, so long for now!

FAMILY SUPPORT CENTRE

Greetings from CFB Comox Family Support Centre at 119 Little River Road! Our New Year has started with the good news that we now have a new Director to head our Centre's activities. We welcome Alicia Burns to the fold and wish her all the best. Many thanks to Linda Beatty for holding down the fort for what became a very long "temporary position."

On January 9 we held a lecture/meeting where speakers from ALANON, AA, the Comox Valley Recovery Centre, B.C. Government Drug and Alcohol Program and the private sector gave us a briefing on Valley support for victims of drug and alcohol abuse. Our volunteers and friends provided a great turnout at the Base Commander's Conference Room and we thank all who came for their interest and involvement.

On January 16 we had a general volunteer meeting at the Support Centre to discuss future projects. Next month we

shall have some speakers who will discuss financial affairs of the military family. Please remember that the first Monday in the month is our usual meeting time in case you miss

our phone calls and reminders. Our centre is always on the look-out for new volunteers and ideas so please drop in or call if you're interested. See you at the Centre!...B. Bale

WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE

119 Little River Road
LAZO, B.C. V0R 2K0
PHONE: 339-8654

HOURS: 9 a.m. to 3:30 p.m. Mon to Fri

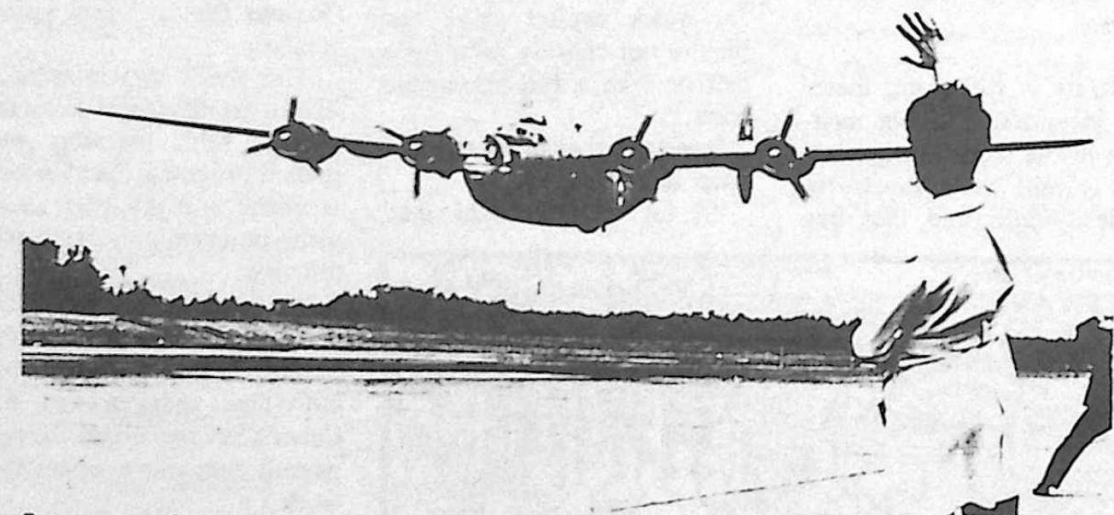
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Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue

TRIVIA ANSWER:

This is a Lockheed T2V-1 Advanced Trainer version of the famous T-33. The aircraft was used as a trainer the USN and USMC. This aircraft belonged to the USMC at Quonset Point.

THIS WEEK'S TRIVIA:

Very simple, what is this picture all about?



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Jan 27 & 28.....Music by WESTWIND

Fri & Sat Feb 3 & 4.....Music by COUNTRY CLUB

Sun Jan 29.....FUN CRIB TOURNAMENT
Upper Hall-Register 12-1 PM

Sun Feb 5.....DART TOURNAMENT
Steak Shoot
For details phone Eric Munroe

Mon Jan 30.....BLACK CREEK LION'S BINGO STARTS

REGULAR ACTIVITIES

BINGOS- Thu, Fri, Sun at 7:00 pm

MONDAY.....Fun Euchre
TUESDAY.....Pub Darts
WEDNESDAY.....League Crib
THURSDAY.....Fun Darts
FRIDAY.....TGIF & Money Draw at 6:30
SATURDAY.....Fun Bridge at 12:30

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BRANCH 160 COMOX

ENTERTAINMENT

Jan 27.....Music by COUNTRYMEN

Feb 3.....T.B.A.

Feb 10.....Music by WESTWIND

Feb 11..INSTALLATION OF 89 OFFICERS & EXECUTIVE
Upper Hall 6:30 pm.
Music by COUNTRYMEN
Tickets \$7.50/person-on sale 16 Jan

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 pm
MONDAYS.....L.A. Drop-In-Bingo-7:30 pm
Men's Dart League-Navy Rm-7:30 pm

TUESDAYS.....Mixed Dart League-Upper Hall-8:00 pm
Ladies Crib League-Lounge-7:00 pm

WEDNESDAYS.....Navy League Drop-In-Bingo
Upper Hall - 7:00 pm

THURSDAYS.....*1st* Br.Exec.Mtg - 8:00 pm
L.A.Exec.Mtg. (as required)
2nd L.A.Gen. Mtg.-Upper Hall-8:00 pm
3rd Br. Gen.Mtg.-Upper Hall-8:00 pm

FRIDAYS.....Meat Draws - Lounge - 2-6 pm
Dance (Normally downstairs unless advised)

SATURDAYS.....Meat Draws - Lounge - 2-6 pm

SPORTS

FEB 4-DARTS-Don Dransfield Trophy.Details to follow.

FEB 25-DARTS-LEGION ZONE DART PLAYOFFS. Details to follow.

LIFESTYLES

Shutting Down the National Dream

by Grieg Stewart, published by McGraw-Hill Ryerson. \$25.95

This excellent book comes with an attention-grabbing cover showing an AVRO ARROW hurtling skyward under afterburners, and sub-titled "A V Roe and the tragedy of the AVRO Arrow"...But the book is much more than that for it covers in a concise and readable way most of the history of aircraft manufacturing in Canada, with special emphases on A.V.Roe from its inception to its disintegration with the cancellation of the Arrow project.

There are seventeen chapters in the book, and only the last five deal with the Arrow story. But before that there is a great wealth of fascinating information about Canadian Aircraft manufacturing, particularly covering the CF-100 and Jetliner.

Stewart has researched his subject thoroughly, and has done a first class job of bringing the players to life, with direct quotes of the key personnel of A. V.Roe during these years. Many of the problems associated with the development of the CF-100 and Jetliner to my mind have never been made public before and some still are generally unknown. For example, in commenting on the loss of the first CF-100 several critical factors in the accident are not

mentioned.

The design and development of the highly "state of the art" ARROW is most interesting reading, culminating as it does in the wanton destruction by chainsaws (ordered by the government) of all Arrow aircraft completed although performance figures were encouraging. But between cost, lack of support from other countries, somewhat weak management, and a vacillating prime minister the project was doomed.

In the normal course of events aircraft manufacturing by an experienced firm, working with their own company, and without outside interference is a complicated, expensive, hazardous business. But AV Roe was not that experienced, was interfered with, and had a head office outside the country. CD Howe especially was responsible for the success or failure of many aspects of the company's operation.

Finally, Crawford Gordon, the last head of AVRO, helped to bring the company down as he turned from a brilliant business man to a crude alcoholic who antagonized Diefenbaker who had the power "to blow AV Roe and the Arrow away."... D. Warren.

OFFICERS MESS

WEDNESDAYS JANUARY 4, 11, 18, 25

OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS JANUARY 6, 20

REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS JANUARY 11, 25
LADIES BRIDGE CLUB

FRIDAY JANUARY 13

MIXED TGIF: Dress Casual. Food served 1700-1900 hrs.

WEDNESDAY JANUARY 18
LADIES CLUB

FRIDAY JANUARY 27

OLD UNIFORM NIGHT will feature Roast Beef dinner - 1930 hrs. Cost per couple: Members \$15 and Associate Members & Guests \$20. Reservations by 25 Jan 89.

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide.

NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

B.C. ARTISTS PERFORM MUSIC FROM THROUGHOUT THE WORLD

B.C.'s multicultural heritage is reflected in all aspects of our society. The musical influences of these different cultures are highlighted in ART BEAT's new series "Music Around Us," Saturdays at 5:08 pm on CBC Radio. Gordon Hunt hosts the series, talking to the performers about their backgrounds, their instruments and introducing the music.

On January 28th the pipa, or Chinese lute, takes centre stage. Qiu Li Rong is one of the top graduates from the Shanghai Conservatory in pipa. She plays two virtuosic pieces: one, a traditional folk song, the other, a contemporary work.

The Ngai Lum Musical Society, whose members regularly gather in Vancouver's

Chinatown to play Cantonese music, is featured Feb 4th. The group consists of ten string, wind and percussion instruments. The focus is on music of the Chinese New Year.

Takeo Yamashiro performs Feb 18th. Takeo studied shakuhachi flute with a Zed Buddhist monk in Kyoto. He shows us the very free-playing style of this Japanese flute.

On March 4th Ken Wells plays the sarod, an East Indian stringed instrument shaped like a sitar, only smaller and with a very different sound. A native of England, Ken studied and played with masters of Indian music in Delhi.

Sam Soubanh, a native of Laos, plays the caan, a long mouth organ, and the pin, which is like a guitar. Accom-

panied by drums, cymbals and a singer called a "lum," he plays music indigenous to Laos and Thailand.

"Music is a great way to explore the cultural diversity of our province," said ART BEAT producer, Robert Ouimet. "It's really interesting to meet Canadians who are keeping the culture of their homeland alive here." The series continues April 1st, 15th, 29th and May 13th. Program details will be announced closer to those dates.

ART BEAT is CBC Radio's regional arts program with features and profiles from around B.C. The show is hosted by Ann Pollock. Gordon Hunt's hosts "Musical Around Us." ART BEAT is produced by Robert Ouimet.

CANEX

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MEN'S SCARVES 25% OFF EVERY DAY LOW PRICES	ASSORTED NECKLACES SUG. PRICE CANEX PRICE SAVE \$7.50 \$3.75 \$3.75 \$10.00 \$4.00 \$6.00 \$15.00 \$3.75 \$11.25 \$17.50 \$4.37 \$13.13	COMPUTER PAPER 500 SHEETS SALE - \$9.47 REGULAR - \$10.00
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Don't Forget Valentine's Day

CANADIAN FORCES UPDATE



SOME HELPFUL SUGGESTIONS FOR THE WORKING MOM

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HEALTH & WELL BEING

Aids Awareness

by JAMES GREIG

Free Needle Exchange Program Unfair?

I am a clean-living woman with high moral standards, and feel desperately sorry for those people affected with the AIDS virus. But, as a diabetic through no fault of my own, I have to buy needles for my insulin injections. I can't help feeling a little bitter when I'm on a fixed income having to pay for my needles when the health department of Toronto is giving needles away free to drug addicts to prevent them from sharing needles and spreading AIDS. I don't think this is fair. Perhaps I should get other diabetics I know to share our needles so we can get free replacements from the Toronto Board of Health. If you put my letter in the newspaper, please don't use my name....Mrs. T.M., Scarborough, Ont.

I can sympathize with you: it does seem unfair. However, I think we have to look at the needle-exchange program not just in terms of money. Needle-exchange programs, as an ef-

fort to curb the spread of AIDS, have been effective in such countries as Switzerland, West Germany, France, Australia, and Italy.

Although Canada does not have as large a percentage of intravenous drug abusers as many of these countries, and certainly nothing close to the problems of the United States in this regard, it is currently estimated by the Addiction Research Foundation (ARF) that there are approximately 10,000 drug users in the Toronto area alone. These people are regular users of cocaine and heroin. It is also estimated that there are more than 60,000 Canadians currently infected with the AIDS virus (HIV). How many of these people are drug abusers is not known. However, the sharing of contaminated needles is the most common means of spreading infection apart from the practice of anal intercourse by homosexual and bisexual men. A needle-exchange program should discourage many drug abusers from sharing and/or re-using needles, and I support

this initiative.

Now, back to your particular case. You indicated in your letter that you are on a fixed income. Is there not some social-service program that can assist you with respect to your medical needs? I'm sure there must be a way of getting your needles free of charge or at a discount. I suggest you contact the Canadian Diabetes Association.

My wife has to go to the hospital for a gall-bladder operation and despite the fact that I keep hearing that you can't contract AIDS in a hospital, I don't want her going to a hospital where there are AIDS patients. Do hospitals have to tell you if they have AIDS patients? Are there hospitals that do not admit AIDS patients?...R.F., Barrie, Ont.

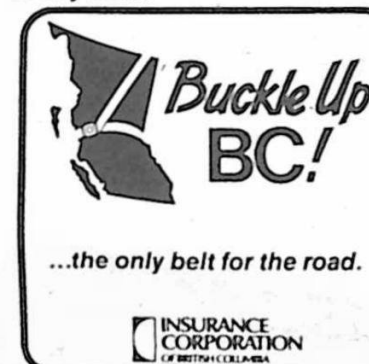
Your fears are totally unfounded. I repeat again in this column: there has never been a case of AIDS contracted in a health-care setting in Canada. Hospitals do not have to tell

you if they are treating AIDS patients, and I would be very surprised to hear of any hospital that would not or did not admit AIDS patients.

It is estimated that there are 100-150 AIDS patients in Canadian hospitals on any given day. Most of these patients are treated at teaching hospitals in major centres, such as Toronto, Montreal, and Vancouver.

My son is a grade eleven student at a school that shall remain nameless. He told me that, during a question and answer period during a health class, many of the students asked the teacher about AIDS. The teacher apparently didn't know the answers to any of the students' questions and at one point asked my son, was he so concerned because he was a homosexual? My son was very embarrassed, and I am furious. I know that AIDS is not simply a homosexual disease, and my son is not a homosexual. I don't think my son should have been humiliated like that. What do you think? K.M., Guelph, Ont.

I think it is sad that any professional teacher would respond to a student's question in the way your son described. Obviously, the teacher was uncomfortable with the subject. I personally believe that AIDS education should be mandatory in all schools from the very early grades. I suggest you have a frank discussion with the principal of your son's school. You might also want to raise the matter with your Home and School Association. In the meanwhile, I am sending you a copy of my book, AIDS: What Every Responsible Canadian Should Know, with my compliments. If, after reading the book, your son has further questions about AIDS, he should feel free to write to me at any time.



Classified

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AS/FTRC/AWC REUNION
A Reunion of all Air Services/Fighter Controllers (AS/FTRC) and Air Weapons Controllers is being planned for the summer of 1989 at CFB North Bay, Ont. The Air Weapons Control and Countermeasures School (AWC and CS) is chairing this event. We are looking for names and addresses of all ex-Controllers who would be interested in participating and being placed on the mailing list. Address all correspondence to Commandant AWCCS, CFB North Bay, Hornell Heights, Ont. POH 1P0.

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ANNOUNCEMENT OF ART SHOW AND SALE OF WORKS:

Helen Andersen will present paintings from her latest "Indian Myths and Symbols" series at Courtenay Arts Alliance Gallery from Jan 31-Feb 18, 1989. Opening is Friday, Feb 3. Everyone is welcome. The award winning print "Salt Woman And The Hero Twins" will be available for sale at that time.

ART ALLIANCE
367-4th St., Courtenay, BC
Phone 388-6211



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HEALTH

CONTACT LENSES: THE GOOD, THE BAD, AND THE UGLY

"If the patient will take the time to form a responsible partnership towards good eye health with the eye doctor, the success rate for wearing contacts is very high," says Dr. Nixon White, public information chairman for the B.C. Association of Optometrists.

"Although this is a serious matter, a good way to remember the facts about contacts is to think of the 'good, the bad and the ugly,'" he said. "The good news is that scientific advances provide the doctor with many more options, - more and better lenses, tints, solutions and cleaning systems. The bad news is that people, sometimes encouraged by sophisticated marketing campaigns, tend to fall off the health care wagon, and mis-use their lenses. And the ugly part is the significant eye health problems we see when wearers ignore their recommended regimens."

"Optometrists are successfully providing contact lens therapy to many people who were previously not good candidates," said Dr. White. "For the increasing number of patients in their late thirties and early forties who now need correction, bifocal contact lenses, monovision design, or contact lenses together with glasses offer viable alternatives to glasses only. But we are also seeing more problems with abuse of extended wear lenses, tinted lenses worn only for cosmetic reasons, and people making their own saline solutions and coming in with infections."

The new disposable lenses must be approached cautiously, since they are costly and not everyone is a logical candidate. "We are concerned about people who try to wear them past the deadline, either to economize, or out of ignorance because they have not been properly instructed," said Dr. White. "Although the lenses are very comfortable,

people shouldn't equate safe contact lens wear with clear comfortable vision, since most eye health problems arise without symptoms."

"On the positive side," he added, "disposable lenses may be the answer for unsuccessful contact lens patients who failed due to build-up problems or the demands of their wearing schedule."

Non-prescription tinted lenses are becoming controversial because they may appeal to people who don't need correction, many of whom are not caring for their eyes the way optometrists would like them to. This can compromise the health of their eyes.

Others mix their own saline solutions, thus risking infection. "It may save a few dollars, but with some of the bugs out there, the risks outweigh the benefits," said Dr. White. Fortunately, solution prices are dropping, and the range of products is widening, which helps people with sensitive eyes who reacted to previous cleaning solutions.

On the bright side, advancing technology has finally broken through with an extended wear, rigid, gas permeable lens. Some people need to wear rigid lenses for clinical reasons, said Dr. White, but now they can have the freedom of extended wear if their eye health tolerates it.

Contact lens manufacturers are spending millions on innovations that will make just about anyone a candidate for their lenses, including the thousands of middle-aged baby boomers now needing visual correction but not too keen on glasses. But optometrists caution that contact lens wearers can develop significant problems if their lenses or eye health don't receive adequate attention. In fact, proper contact lens care means regular eye health checks by the prescribing optometrist or ophthalmologist.

MAMMOGRAM POLICY REMAINS UNCHANGED

By Stan Hagen

Cancer. It is a word capable of bringing instant distress to anyone. Breast Cancer is especially alarming for women.

Prevention, control, research and commitment to help cancer victims is a vital responsibility for government. People are increasingly aware of the need for preventative health procedures.

All of us in the system have a heavy responsibility to pursue resolutions and to avoid creating needless concern.

So it was with much disappointment we witnessed B.C. Medical Association President, Dr. David Blair, issue a new release that left the clear impression this province was embarking on a new policy adverse to women.

The immediate issue is about mammograms. An extension of the issue related to our breast-screening pilot project.

For the past 20 years, mammograms have been provided when a woman's physician decided that a procedure was necessary. The discretion to make the decision rests entirely with the doctor. The doctor's fee then is billed to the health plan. Never has one been refused for payment.

That policy of the last 28 years continues unchanged and any other impression left by the Medical Association is wrong.

In 1965, over 50,000 B.C. women had mammograms performed and paid for by the health plan. In 1987 that number rose to over 74,000. Expectations are that a similar level of mammograms will be funded this year. The annual cost is about \$5 million.

Beginning in August the Health Ministry established a new breast-screening clinic in Vancouver. This clinic is a pilot

project to test the effectiveness of a detection procedure that would enable a woman to go directly for a test without having to be referred by her physician. The test results would be sent directly to the woman's doctor.

The project is being operated by the B.C. Cancer Control Agency and it puts us at the forefront of breast cancer screening procedures in North America.

This year's Health Ministry budget, when approved, could see an expansion of the screening program to six locations, along with two mobile vans.

It is our expectation this program will provide better service, more convenient service and equally effective service to women of B.C. In the meantime, the current system remains unchanged.

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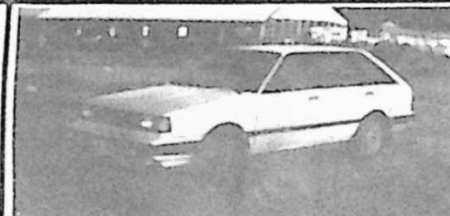
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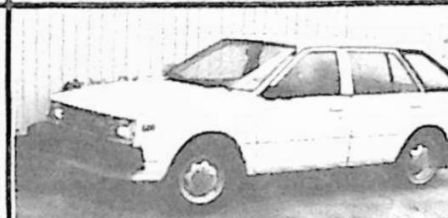
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